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Chief wants Tory apology



Grand Chief Derek Nepinak says the PC Party of Manitoba should issue a public apology for racist comments made by its former youth party leader last week. BERNICE PONTANILLA/METRO

Facebook page. PC youth party president was ousted last week after comment about 'free-loading Indians'

A top Manitoba aboriginal leader has cancelled a meeting with the provincial Progressive Conservatives over a racist comment made by the former president of the party's youth wing.

Grand Chief Derek Nepinak of the Assembly of Manitoba Chiefs is also demanding a full public apology to First Nations.

Braydon Mazurkiewicz was ousted as Tory youth leader last week after posting what he admitted was a racist comment on his Facebook page.

He said he was upset about a planned urban reserve in Winnipeg on a for-

Quoted

"I feel sorry for this young person ... and hopefully they get the help they need to overcome their misunderstandings."

Grand Chief Derek Nepinak

mer defence base designed for the "hard-working men and women of the military, not free-loading Indians."

Nepinak says in a letter to Tory Leader Brian Pallister that Mazurkiewicz's ouster was nothing more than political correctness.

"I have instructed my staff to cancel a meeting scheduled tomorrow with you and your office," Nepinak says in his letter dated Dec. 17.

"This gesture ... is not intended to paint the entirety of the Progressive Conservative party with one brush,

but rather to put your party on notice that a full public apology is expected to First Nation citizens of Manitoba."

The chief is offering to sit down with Pallister and his caucus to discuss ways to overcome "misinformation" about aboriginal people.

Mazurkiewicz apologized for his comment and handed in his resignation Dec. 14 after he was asked by the party to step down. But he maintained his opposition to the reserve in suburban Winnipeg.

"I don't think that would fit well in that community at all. You know, you hear on reserves all the time, people are burning down their own homes. There are shootings and stabbings, and we don't need to bring more of that to Winnipeg," he said.

Nepinak initially applauded the Tories for taking swift action and he called Mazurkiewicz uninformed.

THE CANADIAN PRESS

Good, to combat evil

A Winnipeg mother responds to the Newtown, Conn., shootings with a Facebook page calling for 27 acts of kindness

PAGE 3

Pushing boundaries

From 'he' to 'she': A local compliance officer pens a children's book using her own experience as a transgender woman

PAGE 4

Apocalypse 101

You need not fear the end of the world — we've seen it all before, after all. Metro takes a look at classic Armageddon films

PAGE 10

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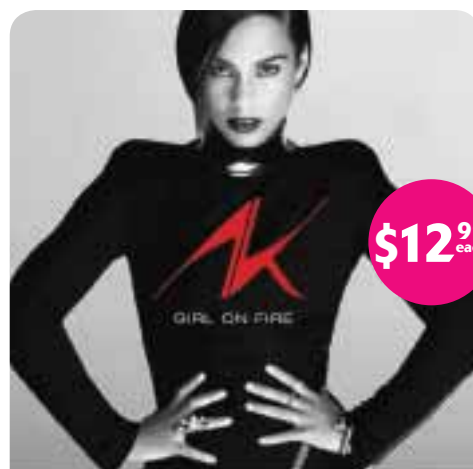
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Greening the economy

**Chamber pres.
to chair new
committee**

The president and CEO of the Winnipeg Chamber of Commerce has been chosen to chair the committee that advises North America's Commission for Environmental Cooperation (CEC).

Members of the CEC's Joint Public Advisory Committee (JPAC) elected Dave Angus to lead them in 2013 at their regular session and workshop in Mérida, Yucatán, Mexico, this week.

"They like the fact that I represent business," said Angus. "It will be a focus for me in terms of engaging the business community ... in the discussion about trade and environment."

The CEC is an inter-governmental organization run by Canada, the United States and Mexico created when NAFTA was signed. It aims to green North America's economy, address climate change, and protect its environment.

SHANE GIBSON/METRO

A picture-perfect team

**Buffalo Gal
launches new
company with
Toronto partner**

A Winnipeg film production company has gone from working on a project to merging with one of the most experienced and innovative production companies in Canada.

Buffalo Gal Pictures has teamed up with Toronto's Entremedia Digital Films to form Buffalo Media Group, or BMG for short, a new entity specializing in live-action and animated feature film and television projects.

The two companies announced earlier this year that they were working on a children's 3D animated film. Their offices will be located in Winnipeg and Toronto. **METRO**



Winnipeg mom Christine McIntyre started her 27 Acts for Newtown campaign to show her two children that 'good does triumph.' HANDOUT/METRO

'Pegger's Facebook page urges 27 acts of kindness to cope with shootings

**Honouring victims of
Newtown shooting.
Mom hopes loving
acts will push back at
darkness of tragedy**

**GRAEME
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A Winnipeg mother says she hopes her Facebook page will become a source of inspiration to those wanting to find something positive after a mass shooting in the U.S. last week.

Christine McIntyre created a Facebook page called "27 Acts for Newtown" in response to shootings in Newtown, Conn.

"This was my way of pushing back that dark and assering to myself, and my kids, that good does triumph and that light always wins over dark," said McIntyre. "This feels like, for me, the best way to intentionally honour the families affected."

Adam Lanza shot his mother to death while she was in bed. He then went to Sandy Hook Elementary School, where he shot and killed 20 children between the age of

six and seven, as well as some teachers and administrators, ending by turning the gun on himself.

Twenty-seven people were killed that day, so now McIntyre is asking everyone to commit to 27 acts of kindness in memory of each victim.

"If everyone on 27 Acts for Newtown does all 27 acts, that's 3,483 individual acts of love," McIntyre posted on Tuesday morning.

People have started posting their acts of kindness on the page. Blood donations, Christmas gifts, clothing and food to those in need have all been mentioned as an act of

kindness. Other good deeds include clearing snow off random cars, giving elders a helping hand and paying for someone's food or drink order.

"I am doing this because after what happened on Friday I need to show my kids that there is still good in the world, and that there are good, kind, wonderful people out there," posted Winnipegger Tanya Cartwright on the Facebook page.

"It is so important to me that they understand that even though there is evil out there, the good will come through."

1 NEWS



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Transgender. New book aims to explain gender changes to children

It's one thing to explain changing your gender to your teenager, but how do you explain it to a five-year-old?

Winnipeg compliance officer Rikki Marie-Josée Dubois was almost faced with this problem at 45, when she decided to go from male to female.

Her children were already teenagers at the time.

"I was able to talk to them more on an adult basis, but I thought, 'What about a five- or six-year-old?'" said Dubois.

Dubois noticed there were no books about transgender people for children. With that in mind, she penned *Muffy Was Fluffy*.

The premise is simple: *Fluffy* was born a cat but realizes she is more like dogs and, in order to be happy, must become a dog.

According to the Canadian Psychological Association, one in 11,000 men and one in 30,000 women in Canada seek treatment for gender dysphoria, or dissatisfaction



Rikki Marie-Josée Dubois in her Winnipeg home. MEG CRANE/METRO

with a person's gender.

Dubois said she wrote the book not only to help children understand the change of adults but also to let children with gender dysphoria know they are not alone.

She also hopes that this book will help end bullying.

"It would help people understand, to see that we are just normal people," said Dubois. "If you take away the mystery, they understand."

MEG CRANE/METRO

Assiniboine Park. Design team chosen to construct \$30-million conservatory

An international team has been chosen to lead the design of the Assiniboine Park's new conservatory.

The Assiniboine Park Conservancy announced Tuesday Smith Carter Architects & Engineers and Kuwabara Payne McKenna Blumberg Architects (KPMB) would head up the project, estimated to cost between

\$30 and \$50 million.

"We received 16 submissions, and Smith Carter and KPMB came through with a proposal that combines international experience and the necessary local expertise to make the new conservatory as impressive as we and the community expect it to be," said Don Peterkin, CEO of the Conservancy, in a release.

The work is the next component of the Conservancy's \$200-million Imagine a Place re-development plan, which includes the now-complete Heart of the Park and a dramatic transformation of the Assiniboine Park Zoo now under construction. METRO

Landmark

"This is going to be a signature building ... for decades to come."

Don Peterkin, CEO of the Assiniboine Park Conservancy



Mondragon co-owner Jason Holland said they recycle, compost and give food to street people, so nothing of use ends up in the trash. MEG CRANE/METRO

Dumpster diving 101

Freeganism. Whether for fun or survival, divers find the illegal practice risky and rewarding

Civic duty?

"If there's people out there that want to divert waste from the landfills to fill their bellies, I think that's admirable."

Jason Holland, co-owner of the restaurant Mondragon

referred to as "freegans."

"I've found some beautiful salad material, or, like, found 30 organic yogurts that just expired yesterday," said Hoogstraten.

The Public Health Act of Manitoba says that food not up to the minimum standard must be disposed of. Such food, which may have been improperly handled or contaminated, ends up in the garbage.

Among other reasons, this is why taking items from trash and recycling bins is illegal under Winnipeg's Anti-Litter Bylaw.

Jason Holland, co-owner of Mondragon bookstore and

coffee house, thinks this is "absurd."

"There's a lot of waste in our culture," Holland said. "If there's people out there that want to divert waste from the landfills to fill their bellies, I think that's admirable."

Food left at the end of the day that cannot be sold at Mondragon the following day is given to street people or staff, he said.

"There are businesses that will dump toxins on it and bleach, and I just think it's disgraceful, actually," Holland said, adding he thinks that practice should be illegal.

Hoogstraten has been concerned about her safety in

Trash facts

- 400,000 tons of waste is dumped annually in the Brady Road Landfill, according to a Stantec Consulting Ltd. report for the City of Winnipeg.
- 40 per cent of household waste is organic waste, such as food, according to the David Suzuki Foundation.
- 4,989 tons of food was distributed to Manitobans in 2011 by Winnipeg Harvest.

some industrial dumpsters due to broken glass, but said she doesn't worry much about the smaller ones.

"I think the people out there who are dumpster diving know the safe places through experience," Holland said.

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Republicans open up to gun debate

Taking the first step. Gun manufacturers see shares continue to drop as politicians on both sides of the aisle shift stances following Friday's shooting

Some Republicans now say they're willing to discuss the politically treacherous issue of gun control, along with mental-health issues and violent video games, while U.S. President Barack Obama said he supports efforts in Congress to reinstate an assault-weapon ban in the wake of last week's Connecticut school shooting.

The massacre, one of the worst mass shootings in U.S. history, has rattled the usual national dialogue on guns in America, where public opinion had shifted against tougher gun control in recent years, and the gun lobby is a powerful polit-

ical force.

Obama has long supported reinstating the assault-weapon ban, which expired in 2004, but was quiet on the issue during his first term. He has said he believes the Constitution's Second Amendment guarantees an individual the right to bear arms.

The president was not expected to take any formal action on guns before the end of the year, given the all-consuming efforts to resolve tax and deficit-reduction talks and nominate new cabinet secretaries.

The most powerful supporter of gun owners, the National Rifle Association, broke its silence Tuesday. After a self-imposed media blackout that left many wondering how it would respond to the killings, it said in a statement that its members were "shocked, saddened and heartbroken by the news of the horrific and senseless murders."

THE ASSOCIATED PRESS



Susan Sheperd wipes a tear as she stands with friends and co-workers at the funeral Tuesday for James Mattioli, 6, who died in the Sandy Hook Elementary School shootings. Funerals were held for Mattioli and Jessica Rekos, 6, who were among the 26 people killed when Adam Lanza walked into the elementary school in Newtown, Conn., on Dec. 14 and opened fire. CRAIG RUTTLE/THE ASSOCIATED PRESS

A complicated issue

"Put guns on the table ... put video games on the table, put mental health on the table."

Republican congressman Jack Kingston

Quebec. Slain teacher's relatives call American gun laws 'revolting'

The Newtown school massacre has left grieving Canadian relatives of one murdered teacher denouncing American gun laws.

Several of the Rousseau family in Quebec's Eastern Townships will be going down to Connecticut for the funeral of Lauren Rousseau, a substitute teacher whose father was born in Quebec.

"It's revolting how easy it is to obtain firearms — that's

what's so infuriating," said the victim's uncle, Francois Rousseau. He and several relatives will be heading down for the funeral of his brother's daughter.

Lauren Rousseau, 30, was born in the U.S. Her Canadian-born father, Gilles, told Radio-Canada that he wanted to see his daughter's body, but was informed by authorities that it would not be possible.

THE CANADIAN PRESS

Bushmaster rifles

Firearms maker put up for sale

The largest firearms maker in the United States said Tuesday it is being put up for sale by its owner, which called last week's school shooting a "watershed event" in the national debate over gun control. Freedom Group International makes Bushmaster rifles, the weapon thought to have been used in Friday's killings.

THE ASSOCIATED PRESS

Claims self-defence

Student, 11, brings gun to school

Authorities say an 11-year-old boy caught with a gun at school in Utah told administrators he brought the weapon to defend himself in case of an attack similar to the mass shooting last week at a Connecticut elementary school. School officials say the boy has been arrested. No one was injured.

THE ASSOCIATED PRESS

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Suspects in maple-syrup heist nabbed

Sticky fingers. Three people arrested in connection with theft of 2.7 million kilos of sweet, sweet inventory

There have been arrests in the case of a massive maple-syrup heist, police announced Tuesday as they celebrated a break in their months-long multi-jurisdictional search for the stolen sticky stuff.

Three people have been detained in connection with the theft of a large quantity of the national condiment from a warehouse in Quebec.

About 2.7 million kilos of maple syrup was reported missing after a routine inventory check last summer. Or, if your preferred unit of measurement is pancakes, the stolen amount would have provided a one-tablespoon topping for a whopping 183 million flapjacks.

Police say they have now



Police say they have recovered two-thirds of the syrup stolen from a warehouse last summer. iSTOCK

recovered most of the missing syrup. They have also seized vehicles suspected of being used in the trafficking operation and equipment like scales and electronic lifts.

Those arrested were expected to face charges in a Trois-Rivières courtroom of theft, conspiracy, fraud and trafficking in stolen goods Tuesday. **THE CANADIAN PRESS**

Death row

Governor spares obese inmate

The decision by Ohio's governor to spare a morbidly obese death-row inmate on legal grounds unrelated to the prisoner's weight means executions will likely carry on in the state next year.

Gov. John Kasich on Monday commuted the death sentence of Ronald Post to life without the possibility of parole.

Had the governor considered the argument used in Federal Court — that executing Post would amount to cruel and unusual punishment — other death-row inmates may have been able to use the same argument.

THE ASSOCIATED PRESS

'Corrupting morals'

Gore artist testifies

A Quebec special-effects artist charged with corrupting morals has defended himself in court, testifying that his gory works constitute art.

Remy Couture testified on his own behalf at a jury trial being heard Tuesday in Montreal.

THE CANADIAN PRESS

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No hidden fees

Airfare ads must show total ticket price, feds say

The federal government says advertised airfares for flights originating in Canada must include all relevant fees so the travelling public can easily understand the total cost.

Transport Minister Denis Lebel said advertised prices for the public must include all taxes, fees and other charges so consumers can clearly see the total cost of an airline ticket, with no hidden fees. The "all-in" price doesn't need to include fees for optional services such as in-flight entertainment, meals and baggage, but the price of the options must be displayed.

THE CANADIAN PRESS

Policy change

Instagram says photos won't end up in advertising

Instagram, the popular photo-sharing service that Facebook bought this year, says it will revise a planned update to its service agreement after confusion about its intent led to widespread user complaints.

At issue is whether users' photos can be part of advertisements, on and off Instagram. The company said in a blog post Tuesday that it has no plans to put users' photos in advertisements. That said, Instagram maintains that it was created to become a business and would like to experiment with various forms of advertisements to make money. THE ASSOCIATED PRESS

Air Canada Rouge takes flight July 1

Discount travel. New carrier will focus on leisure travel market, with destinations in Europe, Caribbean

Air Canada is jumping into the low-cost leisure travel market with the launch of its new Rouge airline, which will begin flying on Canada Day to destinations in Europe and the Caribbean.

The airline will start with flights from Toronto to Venice and Edinburgh — two destinations that currently aren't served by Air Canada — and will serve Athens from Toronto and Montreal.

Air Canada's existing flights to Cuba, the Dominican Republic, Jamaica and Costa Rica will be flown by the discount carrier from Toronto.

The destinations are areas where demand for leisure travel has been growing, said Ben Smith, Air Canada's chief commercial officer. But many



Air Canada's chief commercial officer Ben Smith, right, and Michael Friisdahl, CEO of Air Canada Leisure Group, second right, unveil new leisure airline Air Canada Rouge in downtown Toronto on Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

are routes that didn't generate adequate profits under Air Canada's existing cost structure.

"The creation of this carrier is to assist us in serving many destinations that our existing model does not work on a competitive basis," Smith said.

The airline says flights to Venice, Edinburgh and Athens start at "special introductory

fares" of \$949 round-trip, including all taxes, fees, charges and surcharges.

Flights to the Dominican Republic and Jamaica will start at \$269, one-way, while Cuba is offered starting at \$538 round-trip. All the introductory fares, which are available until Dec. 25, are based on Toronto departures. THE CANADIAN PRESS

BVO. Drink additive is safe, Health Canada says

Major soft-drink makers and Health Canada say the use of brominated vegetable oil in Canadian beverages is safe, despite a growing movement elsewhere to ban its use.

The additive, which is used to cloud and stop separation in some drinks, has been banned in most of Europe for decades and Japan recently discontinued its use. However, BVO continues to be used in popular drinks sold in Canada, including some flavours of Gatorade, Powerade, Fresca, Mountain Dew and Amp Energy Drink.

BVO is classified as a food additive, but there is limited knowledge of its composition, researchers have said. It does contain bromine, which is also in flame retardants and has been found to build up in body lipids. A Health Canada spokesman said there are no health risks associated with BVO when it is used according to regulations, which sets out that 15 parts per million can be used in citrus or spruce-flavoured beverages.

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CUDDLE PARTY MARKS END OF WORLD



JUST SAYIN'
Paul Sullivan
metronews.ca

Looking for something to do the day the world ends? How about a Cuddle Party? There's one on the Last Day, this coming Friday, somewhere in Calgary. To ward off kuddle

krashers, you don't get to know the final location until you pay your 20 bucks and sign up. Then, apparently, you turn up in your pyjamas ready to cuddle. Or not.

WTF? You don't know about Cuddle Parties? Well, let me bring you up to speed. The Cuddle Party is the brainchild of two New York relationship counsellors (you're surprised?), Reid Mihalko and Marcia Baczynski, who started them in their "tiny Manhattan apartment" in 2004. They spread immediately to the Left Coast, and from there to Vancouver and Calgary, the apparent, er, hot bed of Canadian cud-dling.

In a nutshell

The idea is to bring a bunch of people together, most of them total strangers, and create a group grope that stays on the disappointing side of sexuality throughout.

Those eastern bastards may have to freeze in the dark, but Calgary has Cuddle Power to keep it warm.

The idea is to bring a bunch of people together, most of them total strangers, and create a group grope that stays on the disappointing side of sexuality throughout.

Organizers are adamant. No sex. If you get turned on, according to the Rules (and there are plenty of them), just wait and it will go away.

So they say. Just to make sure: No alcohol or shorts allowed. Pyjamas with drawstrings — this is a lace-free zone.

The first 40 minutes of the event involves a presentation on How to Cuddle, giving leery participants enough time to work up the courage to cuddle some guy you might not care to sit next to on the bus, especially considering the way he's looking at you.

But don't worry! By the end of the evening, you'll have discovered the Joy of Cuddling and will be prepared to cuddle anyone or anything. Or not. One of the features of the Cuddle Party is that it offers participants an opportunity to learn how to say NO in the clinch. Each touch essentially has to be negotiated in advance. If the cuddlee says Yes (Not Yes! Yes! Never Yes! Yes!) then the cuddlor can proceed with some respectful, non-sexual touching.

This advanced course in touching strangers leads to a lot of (painfully) sincere, convoluted language from participant testimonials on the website cuddlepary.com about learning to say no in order to say yes, or is it the other way around? And about how cuddling is not always about sex and various other things guys will say when they hope to get lucky.

Look, I can't think of anything I'd rather do less on my last day on Earth than cuddle with the cast of Portlandia, but that's just me. I can Just Say No, can't I?

But you go ahead and get to Yes. Just remember, that's all you're getting.



If you haven't heard of Cuddle Parties yet, get well acquainted. CUDDLEPARTY.COM

This looks a bit fishy



KIM PRESTON/REX FEATURES

'Animal' photography

Plastic shot to look like sea creatures

This image of odd-looking sea creatures would have marine biologists baffled, but it in fact shows an everyday object shot to represent sea animals. The project, titled Plastic Pacific, was created by Australian artist Kim Preston, 33, who wanted to draw attention to the devastating effect of plastic buildup in oceans around the globe. **METRO**

Artist's viewpoint

"I hoped that the prettiness of the images would draw people in more than if I showed the far uglier reality."

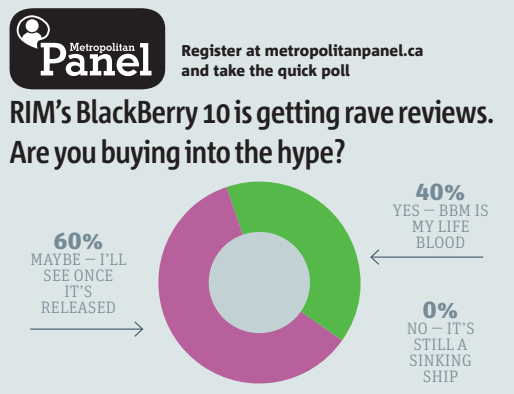
Kim Preston, digital designer and illustrator, 33, from Melbourne, Australia

Passionate on the preservation of our oceans, Preston added that "this is a photographically-based rant against the irresponsible overuse of plastic. I recently obtained a scuba-diving certificate in Indonesia and seeing all of the plastic caught on the reefs inspired this project."

Process of photograph

Creativity used to shoot under budget

Shot in her garden shed, Preston used a blue fabric as the backdrop and hung all the objects from a clothes rack while she photographed them. For the shower caps, she would quickly blow into them before snapping a shot with a wireless shutter release. She had planned to shoot the series inside a fish tank, but her lack of budget forced her to become more creative. **METRO**



Twitter

@leahdeben: WHY IS IT 60 DEGREES ON DECEMBER 18TH I'M MOVING TO WINNIPEG BYE

@saraakross: Couple inches of snow and all of Vancouver forgets how to function normally when Winnipeg has -30 and a couple feet of snow and is fine...

@BrittSlous: Dear #Vancouver, It's just #snow

calm down Sincerely, #Winnipeg

@_theclyde: "a" price is right is coming to winnipeg, not "the" price is right. Kinda let down by headlines

@wilalambre: Both "The Price Is Right" and "Michael Jackson the History Show" are coming to Winnipeg. Finally, does this mean Winnipeg has "made it"? :P



End of the world viewing

The end of the world may or may not be upon us, but Hollywood has been preparing us for this moment for decades. The higher the stakes, the bigger the drama, and there's no higher stakes than the fate of the entire world. So here's our picks for the best movies about the end of the world.

NED EHRBAR
scene@metronews.ca

1. Children of Men (2006)

Alfonso Cuarón's adaptation of P.D. James' novel about a world unraveling after women stop being able to get pregnant is a masterpiece, a gripping and hyper-realistic look at how society deals with calamity. The real tragedy is how little attention it got upon its release. Watch it now, while you still have time.



2. Dr. Strangelove or: How I Learned to Stop Worrying

and Love the Bomb (1964)



Stanley Kubrick made it OK to laugh in the face of possible nuclear annihilation with this pointed satire of escalation and mutually assured destruction, culminating with Slim Pickens' famous ride on a warhead.

3. Melancholia (2011)

Dazzling visuals and an impressive, against-type performance by Kirsten Dunst buoy this divisive film from Lars von Trier about a family trying to get through a wedding while a rogue planet hurtles toward Earth, threatening total annihilation.



4. The Cabin in the Woods (2012)



Spoiler alert: Drew Goddard's hilarious, twist-filled take on horror movies (co-written by Joss Whedon) is more than it seems.

5. Night of the Comet (1984)

Call it the Omega Valley Girls. In this sci-fi horror-comedy gem, two no-nonsense teenage sisters contend with zombies in the fallout of the titular comet reducing Los Angeles to rubble.



6. Last Night (1998)

A quiet, delightful indie precursor to Seeking a Friend for the End of the World, Don McKeller's film gives a distinctly Canadian look at the end of the world. Toronto residents have had months to prepare, so there's little need for panic.



7. The Road (2009)



A gut-punch of a film, John Hillcoat's screen adaptation is just as chilling and stark as the Cormac McCarthy novel on which it is based. The world may not actually end in this one, but from the looks of what's become of things, it might as well have.

8. Seeking a Friend for the End of the World (2012)

A refreshing take on the asteroid headed to Earth plot, this road movie with Steve Carell and Keira Knightley is surprisingly charming — and features a barrage of comic cameos as the main characters head out across the country with three weeks to live.



9. On the Beach (1959)



Long before CGI could render total destruction in realistic detail, we had Gregory Peck and Ava Gardner waiting out the end in Australia after a global nuclear war in this Cold War-era drama, notable for its non-Hollywood ending.

10. Deep Impact (1998)

In a year that brought competing projects about an asteroid on a collision course with the Earth, the scrappy Deep Impact is actually the superior movie to Michael Bay's bloated, Aerosmith-ballad-filled Armageddon if for no other reason than it gave us President Morgan Freeman. Also, points for casting Elijah Wood.

Week of Armageddon

Check out Metro all week for more stories of apocalyptic proportions.

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Robert Smigel, left, gives advice to Paul Rudd in *This Is 40*, an unfiltered, comedic look inside the life of an American family from writer/director/producer Judd Apatow. HANDOUT

'It's gonna be cold, it's gonna be grey, and it's gonna last you for the rest of your life'

Movies. The classic Bill Murray quote stands the test of time as the latest mid-life crisis movie, *This is 40*, arrives this weekend



IN FOCUS
Richard Crouse
scene@metronews.ca

Forty isn't old, but Leslie Mann and Paul Rudd, the leads in the new Judd Apatow comedy *This is 40*, are confronting middle age and not always liking what they see.

Mid-life ruts have supplied the basis for many movies.

The best-known age-angst film has to be American Beauty. Lester Burnham (Kevin Spacey, who won a best actor Oscar for his work) has a classic case of the mid-life blues. Depressed, he allows himself to be pushed around by his employer and

his wife and he's developed an unhealthy crush on his daughter's friend. To restart his life, he quits his job, blackmails his boss and deals with his wife's infidelity.

"I feel like I've been in a coma for the past 20 years," he says. "And I'm just now waking up."

Things don't work out well for Lester, but weatherman Phil Connors's (Bill Murray) mid life crisis has a better outcome.

At the beginning of *Groundhog Day* he's a drunk, suicide prone curmudgeon who sums up his outlook like this, "I'll give you a winter prediction: It's gonna be cold, it's gonna be grey, and it's gonna last you for the rest of your life."

When he starts living the same day over and over again, however, he begins to see the beauty of life.

Bill Murray is also forced to reflect on his existence in *Broken Flowers*, when he receives a mysterious letter telling him of a son he didn't know about.

"Well, the past is gone, I know that," he says. "The future isn't here yet, whatever it's going to be. So, all there is, is this. The present. That's it."

Mid-life crises aren't the domain of men, however.

In *The Bridges of Madison County*, Meryl Streep plays Francesca, an Iowa housewife who shatters the midlife doldrums by having a brief but meaningful affair with National Geographic photographer Robert Kincaid (played by Clint Eastwood). Of her affair she says, "everything I knew to be true about myself up until then was gone. I was acting like another woman, yet I was more myself than ever before."

The best-loved mid-life movie might be *Shirley Valentine*, the bittersweet tale of an English housewife who leaves her humdrum existence behind for a happier life in the Greek islands.

"I used to be The Mother," she says. "I used to be The Wife. But now I'm Shirley Valentine again."

Movie Review

A Guilt Trip down the middle lane

The Guilt Trip

Director. Anne Fletcher

Stars. Seth Rogen, Barbra Streisand

What made *The Guilt Trip* an interesting premise also ultimately works against it. Sure, crafting a road-trip comedy with Barbra Streisand as mother to Seth Rogen's coddled adult son may attract fans from disparate



campers, but by skirting down the middle, the comedy ends up compromised for both sides.

Ultimately, the Babs side

wins as Streisand's overbearing Jewish matriarch makes Rogen look like he's just holding back.

STEVE GOW/METRO

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Channing Tatum's wife Jenna Dewan-Tatum has a bun in the oven.
ALL PHOTOS GETTY IMAGES

'Sexiest Man Alive' reproducing

Capping off an amazing year that's included several hit movies and a Sexiest Man Alive title, Channing Tatum is now gearing up for fatherhood. Tatum's wife, Jenna Dewan-Tatum, is expecting the couple's first child sometime next year, their rep con-

firmed to People magazine. And it may not be the last.

"I'm ready. I think she's ready," Tatum recently told the magazine. "The first number that pops into my head is three, but I just want one to be healthy and then we'll see where we go after that."



Mila Kunis was one of hacker Christopher Chaney's victims.

Celeb hacker gets 10 years

Christopher Chaney, the man responsible for hacking the email accounts of more than 50 celebrities and posting their intimate photos online, has been sentenced to 10 years in prison, according to E! News.

Chaney was also ordered to pay restitution fees of \$66,179 by the judge, who admonished Chaney for his "callous disregard to his victims" during the hearing. His famous victims included Scarlett Johansson, Miley Cyrus, Jessica Alba and Mila Kunis.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Bend it like Burberry? The 10-year-old kid of Posh and England's soccer superstar will be one of the new faces of the British luxury label come 2013.

Romeo, Romeo, wherefore art thou Beckham?



THE WORD
Dorothy Robinson
scene@metronews.ca

Maybe he's just not that good with a soccer ball?

It was announced this week that at only 10 years old, David and Victoria Beckham's son Romeo Beckham is the "baby face" of Burberry's spring/summer '13 campaign, joining a long list of models and stars who have fronted ads for the house, including Cara Delevingne, Edie Campbell and Eddie Redmayne. "We had such fun shooting the campaign and I think that comes through in the images, which really reflect the upbeat spirit of the collection," Burberry's creative director Christopher Bailey says.

Perhaps Burberry really wanted his dad, David Beckham, but then decided they wanted to go with someone who has more of a mature, male voice?

In other news:
A 2012 coming-out recap

Who: Anderson Cooper, journalist.

How: In an email to blogger Andrew Sullivan.

What was said: "The fact is, I'm gay," Cooper wrote. "Always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud." Cooper, who was the subject of rumours for years, addressed his silence in the email. "I have given some the mistaken impression that I am trying to hide something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true."

Who: Wade Davis, a cornerback who spent four pre-seasons with three NFL teams.

How: In an interview with Outsports.com.

What was said: "You just want to be one of the guys, and you don't want to lose that sense of family," Davis said about not coming out sooner. "Your biggest fear is that you'll lose that camaraderie and family." There has yet to be an openly gay player in any of the four major American professional leagues.

Who: Lee "Uncle Poodle" Thompson, redneck.

How: Just by appearing on Honey Boo Boo.

What was said: Thompson's homosexuality isn't a huge to-do on the show; he's out and proud. As Alana says in the season finale, "ain't nothin' wrong with bein' a little gay."



E.T. star is adult enough to admit she still makes mistakes.

Drew still a kid at heart

Drew Barrymore has done a lot of growing up, but that doesn't mean she feels like an adult.

"The mistakes, the potholes, the journeys, the

bad patterns — all of it is so much clearer to me now, but I still don't totally feel like a grown-up," the 37-year-old new mom tells Allure magazine. "Maybe I never will."



Zoëy Deschanel and Death Cab for Cutie's Benjamin Gibbard are never, getting back together.

Cutie divorce finalized

Zoëy Deschanel's marriage to Death Cab for Cutie frontman Benjamin Gibbard is officially over, with the former couple formalizing their divorce in a Los Angeles court last week, just over a

month after separating, according to E! News. And the New Girl star appears to already be moving on, having been spotted recently walking hand-in-hand with new screenwriter boyfriend Jamie Linden.

Twitter



@SteveMartinToGo

Still not feeling funny, nor is funny feeling appropriate.



@Sethrogen

After watching Homeland and Zero Dark Thirty, I'm really thinking the CIA should release a line of sexy lady's pantsuits.



@BryanSinger

I can't seem to tweet without misspelling something. :(



@AlbertBrooks

Gerard Depardieu gives up French citizenship and moves to Belgium. Taxes or waffles?

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LIFE

This holiday season, think South Pole instead of North

Icy wonderland. While Santa's homeland might be on our minds right now, Antarctica's unspoiled landscape beckons travellers

DOUG WALLACE
life@metronews.ca

Who owns Antarctica? The penguins, of course — several million of them (cute little devils, too). At 1.4 times the size of Canada, the seventh continent to tick off your bucket list is rich with incredible wildlife, pristine vistas and amazing history. With the season stretching from the end of November to the beginning of March, and January temps hovering at zero around the northern part of the Antarctic Peninsula, this trip south could be your chance to be a real snowbird this winter.

The starting gate

The expedition begins with an overnight in Ushuaia, a small city of 65,000 at the bottom of Argentina that bills itself as the "city at the end of the world." Just a few kilometres from Tierra del Fuego National Park, it was originally founded as a prison colony, and the old prison has been converted into a museum complex, which includes a full wing on Antarctica.

The ship

Most of the cruise ships that serve Antarctica are a smaller variety; great for squeezing through ice-filled canals. Toronto-based Quark Expeditions has been ferrying people across the notorious Drake Passage for 20 years, with a comfortably high guest-to-crew ratio and an excellent track record. On-board experts share their knowledge of ornithology, marine biology, zoology and geology with insightful talks during downtimes on the voyage down and back, as well as throughout the trip. Photography courses help guests get that perfect shot, and

a wellness program includes yoga classes and massage therapy — both great for relieving backs left sore from a day of hiking and Zodiac boat rides around all the icebergs.

The crowd

A truly international crowd makes this trek — from the fleece-clad adventurers to the retirees bored with the Caribbean to the young marrieds getting in some travel miles before they start a family. "Antarctica captures people's imagination regardless of their age, and people come with different goals," says Quark expedition leader David Wood.

Visiting scientists gathering data could well accompany you on your excursions, and are eager to talk about their work. Whether guests are gung-ho adventure types or a "contemplative" group that takes things easier, there is pretty much something for everyone.

The excursions

After two days at sea, when you reach land-ho, out come the Zodiac pontoon boats. Twice daily spins around the various harbours and bays, plus landings on islands that dot the Antarctic Peninsula as well as the continent itself, make for a flurry of activity. Sea kayaking is a great way to interact with the scenery. Penguin colonies, secluded bays of berg-filled waters, lazy seals on thick ice floes, majestic birds, gorgeous glacial ice sculptures, rocky peaks — the photo ops are beyond stunning.

The eco-friendliness

All Antarctica tour operators uphold the same objectives to keep the region as pristine as possible, following directives outlined in The Antarctic Treaty, which was signed in 1959. Among other things, this involves preventing the introduction of non-native species to the area, be it plants or disease.

Travellers step through a disinfecting boot bath getting on and off the ship. You leave zero evidence of ever having stepped on Antarctica.



Hikes around the islands of Antarctica reveal breathtaking views. ALL PHOTOS: TIM STEWART



The penguins are the real stars of the cruise, entertaining travellers with their antics.

If you go...

- **Tours.** For 2013-2014, Quark Expeditions has a few new adventures, including a Greenland cruise and a Falklands, South Georgia and Antarctica voyage that departs from Buenos Aires. It features the first-ever Polar Floating Documentary Film Festival, and was just voted one of Wanderlust Travel magazine's 50 Best Trips of 2013. Check it all out at quarkexpeditions.com.

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Student voice



Susan Rann. PROVIDED

To the educated, I say keep your ego in check

Susan Rann
Graduate
Business Administration
Nova Scotia Community College
TalentEgg.ca

What's my rant/beef/whatever you want to call it about you, we, us, the post-secondary post-student career-looking individual? We think too damn highly of ourselves. Not enough words to get published? Well let me elaborate.

Remember the day that the college actually accepted your application? What happened to you in the less-than-a-year to three years since then that makes you believe you are fit for a CEO role? Seriously. We all feel it once in a while — just last week I applied to be the prime minister. I have yet to hear back.

At any rate, we get a little knowledge in us and we suddenly think we don't have to start at the bottom.

How about a little experiment? Let's apply for the gigs we know we are able to do and let the ones we want come to us when the time is right. Believe me — if the organization that finds you

is awesome enough, they will make room for someone who knows the value of service over the person with a bunch of letters after their name.

Based on your experience, what recommendation(s) do you have for employers, career centres or schools?

My recommendation to employers is to give every person who takes the time to apply to your organization a chance to speak to one person. That is all. A quick, five-minute chat with an employee of your company to find out if they are a good fit. Human nature will let each individual know within those five-minutes if a resumé should be handed in and an application process initiated.

What are you doing now?

I write and volunteer in my spare time.

Based on your experience, do you have any advice for your fellow students and recent grads?

I have plenty of experience and attitudes for many different situations and work experience to share with you.

In general, my advice is to keep your head high in whatever you are doing.

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Halfway in and having some doubts?

School switcharoo.

It's not uncommon for mixed feelings to make their way into the minds of learners

CHRISTINA
PELLEGRINI
TalentEgg.ca

So your college or university major isn't what you thought it'd be. Maybe the career opportunities you thought you'd have haven't panned out. Or perhaps you've discovered a new interest.

Fall classes may be over, but there's still time to meet with an academic advisor and change your winter schedule to pursue a new major or specialization.

According to the University of Calgary, the majority of university students switch their majors at least once. Reasons why vary from not being hired to discovering new interests to just plain uncertainty.

What should you do if you're interested in something else?

It's easy to follow your friends, study what your parents tell you to or pursue a career based on how much it pays. But you have to deal with your career choices, Toronto-based community manager Stephanie Fusco says.

Fusco studied politics at Queen's University and hoped to go to law school since she was in high school. But in a fourth-year political communications seminar, she realized that she loved strategy, speech writing and communications more. She graduated from Queen's and later pursued her passion and earned a post-graduate certi-



Be cautious of stacking your schedule with similar classes. Try to study a variety of subjects to get a wider perspective and discover your other interests earlier. ISTOCK

Drawn to different choices

"I knew I made the right choice when I found myself putting more effort into my Humber application than I was putting into worrying about whether I'd get into law school."

Stephanie Fusco
Toronto-based community manager

cate in public relations from Humber College.

"I knew I made the right choice when I found myself

putting more effort into my Humber application than I was putting into worrying about whether I'd get into law school," she says. "I'm sure I'm doing what I'm supposed to do and my career is on a path I'm very happy with."

Maybe there's an aspect of your major you love. It may take some reflection or experimentation to figure it out, but try to pursue a degree and a career in the aspect that interests you the most, Fusco adds.

What should you do if you're not sure?

If you're unsure about your interests or aspirations, choose

an undecided major. According to the University of California, students who enter college with an undeclared major change their focus fewer times than students who declare their major. So when you do make a decision, you'll make it count.

What should you do if you weren't recruited this fall?

Many large companies have already filled their entry level or leadership program positions by now. Don't panic if you haven't been hired. Take rejection as an opportunity to assess your interests, goals and options.

When an accounting firm didn't recruit Nick Guadagnolo last year, the then aspiring auditor and fourth-year accounting student at the Schulich School of Business enrolled in organizational behaviour and marketing classes in his final semester instead.

"An accounting specialization without a CA designation was not what I wanted," Guadagnolo says. "I excelled at, and quite frankly derived so much more pleasure from, the not-so-numerical aspects of the BBA degree."

He studied things like sports marketing, crisis management and operating a family business. He wrote the LSAT in June, applied to law school this fall, travelled frequently and continues to work part-time in HR. For Guadagnolo, there is credence to a plan of action that doesn't involve immediately jumping into the fray. It sounds scary now, but maybe the same applies to you too.

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Moving to a new city for a job means leaving your old life behind and often throws you right into work, making it hard to achieve any semblance of a work-life balance.

When being the new kid in the office also coincides with being the new kid on the block, it is especially important that you don't let your work life take over your entire life. It's not good for your job and it's not good for you.

This year I experienced my first summer in Toronto and also my first summer working in the city. After weeks of devoting myself to my job and nothing but my job, I realized that gaining some balance not only made me more productive but it generally made me happier.

Julie Chandler, an executive with Robert Half International, says that work-life balance is



It's time you take a moment out of your busy day to listen to that inner voice. iStock

one of the most important facets to performing well at work. "When I have that work-life balance, I go in the next day with a smile on my face because I'm happy to be back," she says.

According to a recent study by Regus PLC, more Canadian office workers feel that their work-life balance has im-

proved. However, in my experience, new hires often let work take over as they try to prove themselves in their new office.

Attempting to balance a fast-paced Toronto job with life in the big city taught me a few things about dividing my time between work and play. Through trial and error, here are the lessons I learned:

Take breaks

Starting a new job on the right foot means working hard, but it doesn't mean that you can never step away from your desk.

When I first started working in Toronto, I was glued to my chair for eight solid hours, the equivalent of flying from Toronto to London, England,

Make plans

After a long day at work it can be tempting to come home and slump down on the couch for the rest of the evening. While a little R&R is never a bad thing, it's important to break out of your work-to-home routine.

- Make plans with friends, go out after work and take in tourist attractions on the weekends. Working in the office followed by chores and passing out at home won't help make your job any more attractive. Put life back into your work-life balance and experience your city.

every day without rest stops. After a few weeks of working on the permanent butt-imp in my office chair, a co-worker approached me about having the same no-break problem. We decided to start eating lunch together, forcing each of us to step away from work for at least half an hour of banter over burgers.

The difference was astounding.

I returned to work feeling

refreshed and ready to get back to my job. Taking coffee breaks and time for lunch also helps the day go by faster so rather than watching the clock tick by you actually have the energy and the drive to make the most of your time in the office.

Leave work at the office

In the age of social media and smart phones, work is no longer contained to the office. Assignments can roll in at any time, on any day with the click of a button.

However, it is important to make a distinction between work time and home time. Do you really need to be reading budget reports on Saturday morning or can it wait until Monday?

Job permitting, try to avoid checking your work emails during the weekends or evenings. If that isn't possible, then at the very least give yourself some tech-free hours over dinner or at the gym; anything that allows you to focus on something other than your on-going projects.

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Roasting chestnuts on an open fire

Do people really roast chestnuts?

Yes, says Linda Grimo of Grimo Nut Nursery in Niagara-on-the-Lake, Ont. But the easiest way to do them is on the barbecue, she says. Nuts have been part of the holiday tradition for centuries, with both religious and pagan origins cited by various sources. Although cooks tend to incorporate them in dishes throughout the year, they are a staple of holiday entertaining.

There are options aside from roasting

Saut  ing peeled chestnuts in a frying pan is an alternative to barbecuing. If you boil them briefly first, the nuts will "pop right out" of the skin, says Grimo. She cooks them in butter for at least 10 minutes, adding sugar to caramelize them for a sweet treat or garlic or onions if she wants to add them to vegetable or meat dishes.



THE CANADIAN PRESS/HO

Storage

Store-bought nuts in the shell or in jars can be stored at room temperature, but freshly harvested nuts have a high moisture content and need to dry out. Grimo advises people who pick black walnuts, for example, to hang them in a burlap sack in the furnace room for three weeks, preferably with a small fan near them to circulate air through the bag. Chestnuts are the exception and should always be stored in the refrigerator.

The weigh in

Nuts are very good for us, says dietitian Doug Cook, and since they all have different nutrients in varying degrees, eating a variety is best. Ounce for ounce, nuts contain between 150 and 200 calories. The number of servings per person should depend on age, activity level and body weight. **THE CANADIAN PRESS/ DOUG COOK, DIETITIAN AND DIRECTOR OF THE TORONTO CHAPTER OF HEALTHCASTLE.COM.**

Cocktails of the Week

Fig and Maple

Something about fig and maple syrup just goes together. And when you add a little liquor, you have a delicious and warming combination that is perfect for those nights when you're curled up in front of the fire.

- 2 fresh or dried fig
- 1 tbsp ginger marmalade
- 1 oz hot water
- 2 oz Bombay Sapphire
- 2 oz fresh lime juice
- 2 oz ginger beer
- 1 oz maple syrup

1. In a shaker, muddle fig with ginger marmalade and water. Add Bombay Sapphire, fresh lime juice, ginger beer and maple syrup. Add ice and double strain into glass.



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1. Tart shell: In a bowl, the whisk flour, powdered sugar and salt. Add cold butter and quickly rub butter into dry ingredients with pastry cutting tool until incorporated. Add beaten egg and use fork to bring mix together. Dough will be moist, but not wet. Place into a tart pan with a removable bottom. Use fingers to press evenly across bottom of pan and up the sides. Use fork to pierce dough several times. Place in freezer for 1 hour.

2. Place rack in upper third of oven and heat to 180 C (350 F). Grease one side of a piece of foil with butter. Remove tart shell from freezer and press foil into tart shell, butter side down. Bake tart 18 mins. Remove foil and bake 12 mins or

until crust is golden brown. Remove from oven and let tart shell cool completely before filling.

3. Filling: In bowl, whip heavy cream until soft peaks form. Set aside.

4. In the bowl of electric stand mixer fitted with a paddle attachment, beat cream cheese, almond butter and honey. Beat until smooth and creamy, ensuring all ingredients are incorporated, about 5 mins. Beat in salt, vanilla.

5. Remove the bowl from mixer. Use spatula to stir in one-third of the whipped cream until incorporated. Add remaining whipped cream and fold. Store in refrigerator until ready to use and tart shell is cool enough

for filling.

6. Ganache: In bowl, place chopped chocolate. Set aside. Heat heavy cream in microwave until hot and steaming, about 1 minute. Pour cream over chopped chocolate and let stand 30 seconds. Slowly stir chocolate and cream mixture until chocolate is melted and mixture is glossy. Add salt and vanilla extract and stir to combine.

7. Assembly: Smooth the filling into bottom of cooled tart shell, creating smooth top. Pour ganache over top and smooth to edges. Sprinkle with almonds and refrigerate 2 hours before serving.

CREATED BY JOY WILSON OF JOYTHEBAKER.COM FOR THE ALMOND BOARD OF CALIFORNIA

Ingredients

Tart shell

- 375 ml (1 1/2 cups) flour
- 125 ml (1/2 cup) powdered sugar
- 0.5 ml (1/8 tsp) salt
- 125 ml (1/2 cup/1 stick) cold unsalted butter, cut into cubes
- 1 large egg, beaten

Filling

- 250 ml (1 cup) heavy cream
- 250 g (8 oz) cream cheese
- 125 ml (1/2 cup) almond butter
- 125 ml (1/2 cup) honey
- 0.5 ml (1/8 tsp) salt
- 10 ml (2 tsp) vanilla extract

Ganache

- 175 g (6 oz) good-quality dark chocolate, finely chopped
- 75 ml (1/3 cup) plus 30 ml (2 tbsp) heavy cream
- Pinch of salt
- 5 ml (1 tsp) vanilla extract
- 30 ml (2 tbsp) sliced almonds

CFL

Argos release Prefontaine

Noel Prefontaine isn't ready to call it a career just yet.

The Toronto Argonauts released the veteran kicker/punter Tuesday, and Prefontaine said he wants to continue his CFL career. He has even hired an agent to beat the bushes for an opportunity with another team.

The move comes less than a month after Prefontaine helped the Argos defeat the Calgary Stampeders 35-22 in the 100th Grey Cup game at Rogers Centre.

THE CANADIAN PRESS

NFL

Ryan relegates Sanchez to bench

Mark Sanchez is no longer the New York Jets' franchise quarterback.

Rex Ryan decided to bench Sanchez on Tuesday in favour of Greg McElroy after the fourth-year quarterback had another miserable performance in a 14-10 loss at Tennessee on Monday night that eliminated New York from playoff contention.

Ryan hasn't decided whether Sanchez or Tim Tebow — listed as the No. 2 quarterback — will be the backup.

THE ASSOCIATED PRESS



Mark Sanchez
GETTY IMAGES

Hainsey anxious to get back to table

NHL lockout. Jets defenceman has insider's view of labour talks as a member of the players' negotiating committee

Winnipeg Jets defenceman Ron Hainsey is getting antsy. Not only is he anxious to get back to the bargaining table with the NHL, he really wants to be on the ice with his teammates.

Just not at all costs and not without the right deal.

As part of the negotiating committee for the players' association, Hainsey has kept busy during the lockout by taking part in the ongoing talks with the NHL. But ongoing is now a relative term, because nothing has been going on between the sides since talks broke down again last week, despite the presence of a federal mediator for two days in New Jersey.

"We've said it a number of times, but it's worth repeating: It's obviously very difficult to make a deal if you're not meeting or negotiating," Hainsey told The Associated Press in a telephone interview Tuesday. "I've yet to see a way we can do it without sitting down across a table from each other."

Two weeks ago, progress was made during several consecutive days of negotiations between players and owners in New York. The sides disagree on how close they might have moved toward a deal, but a major breakdown at the end wrecked any hope for a fast solution.

Since then, there's been no collective bargaining agreement in sight and no talks



After a 5-1/2 hour negotiating session on Dec. 4 in New York City between the NHL and the players' association, Ron Hainsey speaks on the phone during a break. BRUCE BENNETT/GETTY IMAGES

Quoted

"Personally, I would like to believe that this is not a personal thing or an anger thing. This is the business side of hockey. It's not easy, I've learned that through doing it." Winnipeg Jets defenceman Ron Hainsey

were planned as of Tuesday afternoon.

"Nothing scheduled at this point," Hainsey said. "We've always said we're open to sit down and meet any time, and now we're kind of in a situation where no one wants to make the first move. Maybe there is a way of doing it.

Communication the past couple of days has been quiet. Maybe there is some way to get it started with something similar to what we had (in New York.)"

Players' association executive director Donald Fehr declared then that an agreement was in reach, a notion

that was quickly knocked down by NHL commissioner Gary Bettman after the union declined to accept three non-negotiable points. When the offer wasn't unconditionally accepted, the league turned down the union's proposal and withdrew any offers it had made.

The lockout reached its 94th day Tuesday, and all games have been cancelled through Dec. 30. Bettman has said the league doesn't want a season with fewer than 48 games per team, so play would likely have to get under way by mid-January for that to be possible. THE CANADIAN PRESS

4 SPORTS

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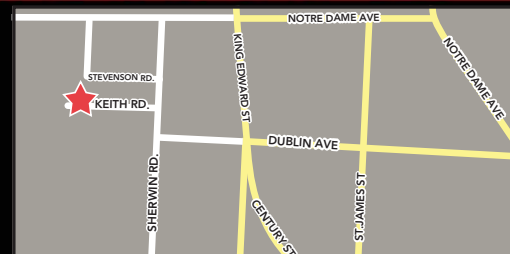
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Canadian junior team not sleeping on jet-lag issues

Travel concerns. Trip to Ufa, Russia, just one more obstacle on road to world championship

The puck drop for Canada's first three games at the world junior hockey championship in Russia is 3:30 a.m. CST.

Host city Ufa is 10 to 14 hours ahead of the Canadian players' body clocks, depending on what part of the country they're from. A Canadian junior team hasn't travelled this far, or crossed this many time zones, since the 2001 tournament in Moscow. Ufa is another 1,160 kilometres and two time zones to the southeast.

Jet lag and travel fatigue will be major challenges, barriers as significant on the road to gold as the Russians, Swedes and Americans.

Hockey Canada enlisted the expertise of Calgary sleep specialist Dr. Charles Samuels to draw up a plan to combat jet lag and sleep deprivation.

"I've met with sleep doctors, sports psychologists, neuropsychologists," Canadian head coach Steve Spott said. "I've met with just about every

'No screwing around'

The Canadian team is currently in training in Finland, a four-hour time difference from Ufa, Russia. The players were on a strict schedule from the moment the wheels went up on their flight from Calgary on Saturday.

- One of the worst things a team can do, says Samuels, is get on the plane

exhausted, but it was inevitable some players would be after selection camp.

- "We really talked about on the flight, eye shades, ear plugs, noise-cancellation headphones, all the pillows and comfort you need and the plane is for rest. No screwing around," Samuels said.

Quoted

"It's basically a survival situation if you look at the frequency of games, the time of the games and then the fact there's virtually no time to recover before the finals."

Calgary sleep specialist Dr. Charles Samuels

doctor possible."

The accepted rule is it takes a day for every hour of time difference to adapt. Samuels aims to accelerate the adjustment.

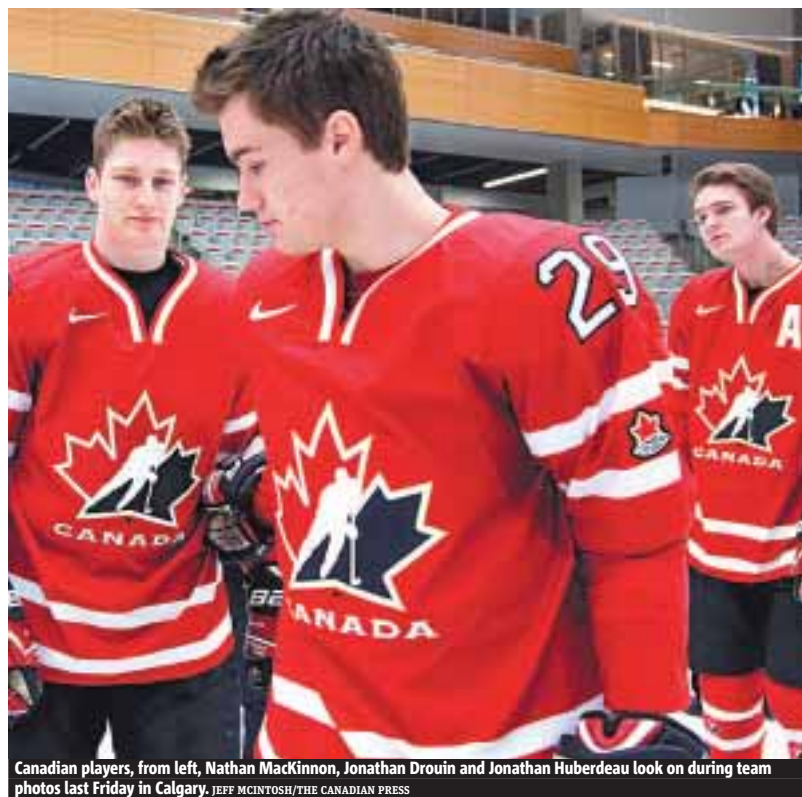
Travel fatigue gets less attention than jet lag, he says, but for athletes who travel to

far-flung places a lot, it can be damaging to performance. The cumulative effects of extensive travel fatigue the body and mind. Even though the Canadian team is only travelling to Ufa once, the distance and time on planes can catch up with them.

Samuels drew up Canada's plan from a template he created for the Vancouver Canucks in their 2011 Stanley Cup final against the Boston Bruins.

"That's an extreme example, because you're coast to coast, Boston to Vancouver," Samuels said. "We take that experience and translate it to this, which is even more extreme."

THE CANADIAN PRESS



Canadian players, from left, Nathan MacKinnon, Jonathan Drouin and Jonathan Huberdeau look on during team photos last Friday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Refusing to buckle on value of knuckle



New Blue Jays starter R.A. Dickey began toying with the knuckleball in 2005 while with the Texas Rangers and initially struggled with it. But Dickey continued working on the pitch and has enjoyed solid success with it since joining the New York Mets in 2010. MARC SEROTA/GETTY IMAGES FILE

It's quirky, unpredictable and has been described in baseball circles as an oddity and "pitch of last resort."

But the Toronto Blue Jays are banking on R.A. Dickey's dancing knuckleball.

The Jays acquired the National League Cy Young Award winner in a seven-player deal with the Mets on Monday.

Dickey, 38, posted a 20-6 record and 2.73 earned-run average with New York in 2012, but his go-to pitch wasn't a blazing fastball, nasty slider or deep-bending curve. Often he got batters out with the knuckleball, a slow, unassuming pitch that flutters like a butterfly.

By the numbers

4

R.A. Dickey is the fourth pitcher to win the Cy Young only to be traded before the next season, joining David Cone, Pedro Martinez and Roger Clemens.

"This may be a pitch of last resort, which I think is accurate, but think about over history how many last resorts have ended up being successful," Dickey said during a conference call Tuesday. "A lot."

General manager Alex Anthopoulos signed Dickey to a two-year, \$25-million US con-

tract extension with a \$12-million club option for 2016. Dickey is scheduled to earn \$5.25 million in 2013.

"I think Alex should be commended on being able to see past those stereotypical analyses a lot of guys give the pitch as a gimmick or something that isn't legitimate," Dickey said. "I think we can all admit the past year and the past three years in general have been legitimate."

The good news for Toronto is Dickey started six games against the American League over his three seasons in New York, posting a 4-0 record and 1.71 ERA.

THE CANADIAN PRESS

Dickey loved New York

R.A. Dickey picked up his phone Saturday, and Mets GM Sandy Alderson told him he had 72 hours to negotiate a contract with the Jays.

- "OK, here we go. I probably am never going to be a Met again," Dickey thought. "I think I had a wash of just numbness come over me."

- "I had a lot of success there, and I think it's important for me to be sad about that for a moment before I move on.... It's important for me to grieve leaving New York," he said.

THE ASSOCIATED PRESS

NFL

Judge lowers bond in Cowboy Brent's manslaughter case

A judge ordered Dallas Cowboys nose tackle Josh Brent to wear an electronic monitor pending his trial on an intoxication manslaughter charge in the one-car crash that killed a teammate.

State District Judge Fred Tinsley also lowered Brent's bond from \$500,000 US to \$100,000 on Tuesday. He ordered Brent not to drink alcohol or drive without a valid driver's licence. Prosecutors say Brent was driving with a suspended licence on the night of the Dec. 8 crash that killed friend and Cowboys practice squad member Jerry Brown. THE ASSOCIATED PRESS



Dallas Cowboys tackle Josh Brent leaves court in Dallas on Tuesday. THE ASSOCIATED PRESS

MLB

Source: Red Sox ink deal with Drew

A person familiar with the negotiations told The Associated Press Tuesday that shortstop Stephen Drew and the Boston Red Sox have agreed to a \$9.5-million US, one-year contract.

THE ASSOCIATED PRESS

NBA

Raptors snap road skid in Cleveland

Jose Calderon scored 23 points, and the Toronto Raptors won on the road for the second time this season by beating the Cleveland Cavaliers 113-99 on Tuesday. It was the Raptors' first road win in 11 games.

THE ASSOCIATED PRESS



Cavs guard Kyrie Irving shoots on Tuesday. THE ASSOCIATED PRESS

Civic hits refresh button



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Features

The new Honda Civic's feature list is long, so here's some highlights: Bluetooth for audio and device hook-up, heated front seats, read out and respond for text messages and navigation upgraded with voice recognition, plus a "three-view" rear camera. In fact, a rear-view camera is now standard on EX models.



New stylish features

2013 Honda Civic fast facts

- **Sales.** Canada's top selling car line
- **Engine.** 140 hp, 1.8 litre four-cylinder. Si Coupes and Sedans upgraded to 201 hp.
- **Location.** Most models built in Alliston, Ont.
- **Base price (incl. destination).** \$15,400

Style changes

The new model flaunts a degree of exterior style and interior finesse not quite evident on the 2012 Civic. In a mid-cycle refresh like this one, about all you're able to change on the outside are front and rear fascia, hood and trunk panels and the wheels. Honda has done that and all to great effect.

Design

The look is wider and lower — slightly more sporty and premium. It now sports exterior bits you've been seeing on higher-end models, like complex headlights, black mesh grille with chrome accents, integrated fog lights (on higher trim lines) and larger, more horizontal taillights that flow into the sides of the car.

Review. New model has learned from mistakes of 2012 Civic

MIKE GOETZ
Drive@metronews.ca

This newly minted 2013 Honda Civic sedan is one unusual automobile. Not weird like it runs on goat cheese, or some other dairy product.

Unusual in that the refresh bestowed upon it for 2013 comes only one model year after it was completely reborn. About 18 months ago, that all-new and ninth-generation 2012 Honda Civic came out to mixed reviews — not so bad that it had any problem at all retaining its mantle as Canada's top-selling passenger car.

But Honda must have been clearly spooked about its initial reception and the subsequent and serious competitive moves made by its competitors in this all-important compact car segment — Canada's largest. Toyota Corolla and Mazda3

have always battled Civic hard, but now there's a whole new and energetic crowd banging on the door (Chevrolet Cruze, Ford Focus, Hyundai Elantra, Dodge Dart, etc.)

"The days when the Civic was just a car for the first time buyer are gone," says Dave Gardner, vice-president of sales and marketing for Honda Canada. "We're now appealing to a significant number of customers who are downsizing from intermediate or larger vehicles."

On top of everything else it offers, it's quieter on the road thanks to new acoustic measures and the new suspension bits, which also reduce NVH. You could ask, why didn't the 2012 Civic come out the gate this way? Another question you could ask is, why don't other automakers have the cojones to react as fast and effectively to correct a vehicle that is not as good as it could be? Good on Honda to make this move, and good on Civic. Your place on top of the Canadian sales charts will surely continue.



The new Civic is quieter on the road, thanks to new acoustic measures and new suspension.



This model flaunts its new wheels.



The navigation system has been upgraded with voice recognition.

5 DRIVE

Like a tree? Ford attempting to grow a car from the roots up

Driving Force.

Automakers are experimenting with bio-materials for car parts and the green trend is picking up speed

JILL
MCINTOSH
drive@metronews.ca

Along with food, many farmers are growing car parts these days.

Not directly, of course, but several automakers are experimenting with plant materials, including Ford, which operates a Bio-Materials Lab at its Research and Advanced Engineering Center in Dearborn, Mich.

"We have been working for the last 12 years on replacing petroleum products with bio-materials," says Debbie Mielewski, technical leader for plastics research. "People originally laughed at

Quoted

"We're now working on recycled soy foam and we're having some success with that."

Debbie Mielewski, technical leader for plastic research at Ford.
On the new products they've been experimenting with.

us until oil hit \$100 a barrel, since there are 300 pounds (136 kg) of plastic in each vehicle."

The earliest work was on foam made with soybean oil. The first examples were too brittle, but researchers finally came up with a viable product made with 40 per cent plant oil. It was initially used for seats in the 2007 Mustang, and is now found in every vehicle made in North America. "It saves five million pounds of oil every year," Mielewski says. "We're now working on recycled soy foam, and we're having some success with

that."

Currently, the lab is experimenting with such things as rice hulls, coconut shells, and other agricultural waste. But it isn't enough just to add new materials to plastic, and researchers have to look at a wide range of issues, including how the composite handles extreme heat or cold, how strong it is, and if it can be produced on a large scale. The team even has to consider such things as whether people with plant allergies have any reaction to the finished plastic.

The seasonal nature of agriculture must also be considered, and there has to be a steady supply of the bio-material. Some crops also have to be rejected because industrial use would infringe on food production.

In addition to plant products, the lab also looks at new uses for recycled materials. It has had success with shredded soft drink bottles, which are turned into carpets and with denim

Of note

- **The old days.** Henry Ford experimented with soybean plastic in the 1930s, but it was prohibitively more expensive than plastic made from oil, which was cheap at the time.
- **Bed down.** Ford works with non-competitive industries, such as mattress manufacturers, to help them use more soybean foam.
- **Green car.** All of the fabric in the Ford Focus Electric is made from recycled materials.



Ford is one of several car companies experimenting with bio-materials. HANDOUT

waste from jean production, which is made into carpetbacking and insulation. The researchers are even considering paper money, which the U.S. Mint shreds and sends to landfills when it gets too worn, as an ingredient in composite plastic.

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Horoscopes

Aries

March 21 - April 20

You can be as adventurous as you please now, knowing that nothing bad will come of it. Make use of the Sun's final few days in sympathetic Sagittarius to have fun. Forget about yesterday, it's today that matters.

Taurus

April 21 - May 21

Money may be a little tight at the moment but that is no reason to deny yourself the good things in life. On the contrary, you will feel better about yourself if you splash out a bit — but not too much.

Gemini

May 22 - June 21

Thought may be your natural medium but with love planet Venus moving through the relationship area of your chart you want to express yourself not only mentally but romantically too. Give the object of your affection your full attention.

Cancer

June 22 - July 23

If you need help, you must ask for it. No one will think any the less of you if you request assistance. On the contrary, they will admire your maturity. Neither success nor self-worth have anything to do with separation.

Leo

July 24 - Aug. 23

The more you have been working on serious things, the more you owe it to yourself to have some fun. Social activities, as well as an affair of the heart, will bring you a great deal of pleasure over the next 24 hours.

Virgo

Aug. 24 - Sept. 23

Today's rather unusual events will convince you that important objectives can only be reached if you are prepared to meet other people halfway. That applies not only to your allies but to your rivals too.

Libra

Sept. 24 - Oct. 23

Most of the time your head rules your heart, but today the opposite will be true. You will allow your feelings to dictate what you say and do. Nothing bad will come of it. In fact, you will thoroughly enjoy yourself.

Scorpio

Oct. 24 - Nov. 22

Calm down and stop taking what other people say so seriously. Yes, of course, some individuals can be a complete pain but if you let them upset you it means they have won. It's life — learn to laugh at it.

Sagittarius

Nov. 23 - Dec. 21

Take your pleasures where you find them and don't give a thought to what is going on around you. Is that irresponsible? Some people may think so but you have done your bit for world peace — now you want a piece of the action.

Capricorn

Dec. 22 - Jan. 20

Most of the time you think and behave rationally but the planets warn that your feelings could get the better of you today. There is absolutely nothing wrong with that so long as they are positive and loving feelings.

Aquarius

Jan. 21 - Feb. 19

Stick to what you do best and don't let others involve you in things you have next to no interest in. There is only so much that any one person can do and you'll do your bit better if it inspires you.

Pisces

Feb. 20 - March 20

You will find yourself up against someone who speaks and acts a bit too aggressively today but you must not react in kind. Smile, talk softly and reasonably and let them see you are beyond their reach. You win. **SALLY BROMPTON**

Crossword

Across

1. Package request (abbr.)
4. Breakfast choice
7. Headliner
11. Extremely dry
13. Seminary subj.
14. Skin opening
15. Renounce
17. "Far out!"
18. Trucker's radio, for short
19. Occasions
22. Rate
26. Little Rock st.
27. Victory sign
28. Exclamation of surprise
30. At no time
34. Writer Levin
35. Whacks, as a housefly
37. Silkworm
38. Perry Mason's secretary
40. Musical note
41. Toss out
42. Knight of Grey's Anatomy
43. Busy — (3 words)
46. Archie Bunker's offspring
50. — the World Turns
51. Cut back
52. Careless
58. General vicinity
60. Battery sz.
61. Church section
62. Car mishap
63. Skillet
64. Pouch

Down

1. Canadian Auto Association
2. Sphere
3. "I Know What You — Last Summer"
4. Long, long time
5. — Smart
6. Jane Lynch series
7. She played Emily Hartley on The Bob Newhart Show (init.)



BY BETTY MARTIN

8. Severed

9. I smell — (2 words)

10. Lipstick colours

12. Recipe direction

16. Survivor network

20. Moving vehicles

21. Sooner than, poetically

22. Eager

23. Dried

24. Circus Barker

25. Farm mother

29. Sandwich filler

31. Part of speech

32. A great lake

33. Take the subway

35. Indian dress

36. — Maria (coffee liqueur)

39. Common paper sz.

44. Tree fluid

45. Business abbr.

46. Pleased

47. Knowledge

48. — Mike with Mike Bullard

49. Memo abbr.

53. Half a Teletubbie

54. McShane or Ziering

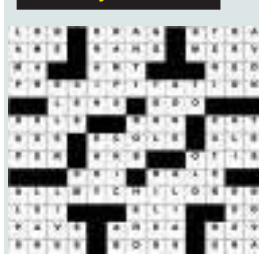
55. The Hour — 22 Minutes

56. Eggs

57. Winter mo.

59. One Day — a Time

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	8	3	6	2	9	5	4
9	4	2	7	5	8	6	1	3
6	3	5	4	1	9	8	7	2
1	8	9	2	7	6	3	5	4
3	7	4	5	8	6	1	2	9
2	5	6	9	3	1	4	8	7
5	6	7	8	4	3	2	9	1
4	2	1	6	9	5	7	3	8
8	9	3	1	2	7	5	4	6

		9	3					
3		4						
	7			8			5	4
5					9	8	4	
		1		2		6		
	2	6	4					9
7	9			3			8	
						7		5
					1	2		

Weather

TODAY



MAX: -6°
MIN: -10°

THURSDAY



MAX: -9°
MIN: -17°

FRIDAY



MAX: -16°
MIN: -21°



JENNA KHAN
WEATHER SPECIALIST

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Programs beginning January 2013:

Plate or Pipe Ticket Training: Jan 15 – Feb 5

Medical Terminology: January 22 - March 22

Voice Data Video M License: Feb 12 – Mar 14

Food Handler Certificate: Feb 22, March 1

Rigging Seminar: Feb 23, March 25

WITS Personal Fitness Trainer: Feb 26 – Apr 30

Off-Road Vehicle Maintenance: Mar 9 & 16

Street Bike Maintenance: April 23 – May 2

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For programs starting February 2013 

Carpentry

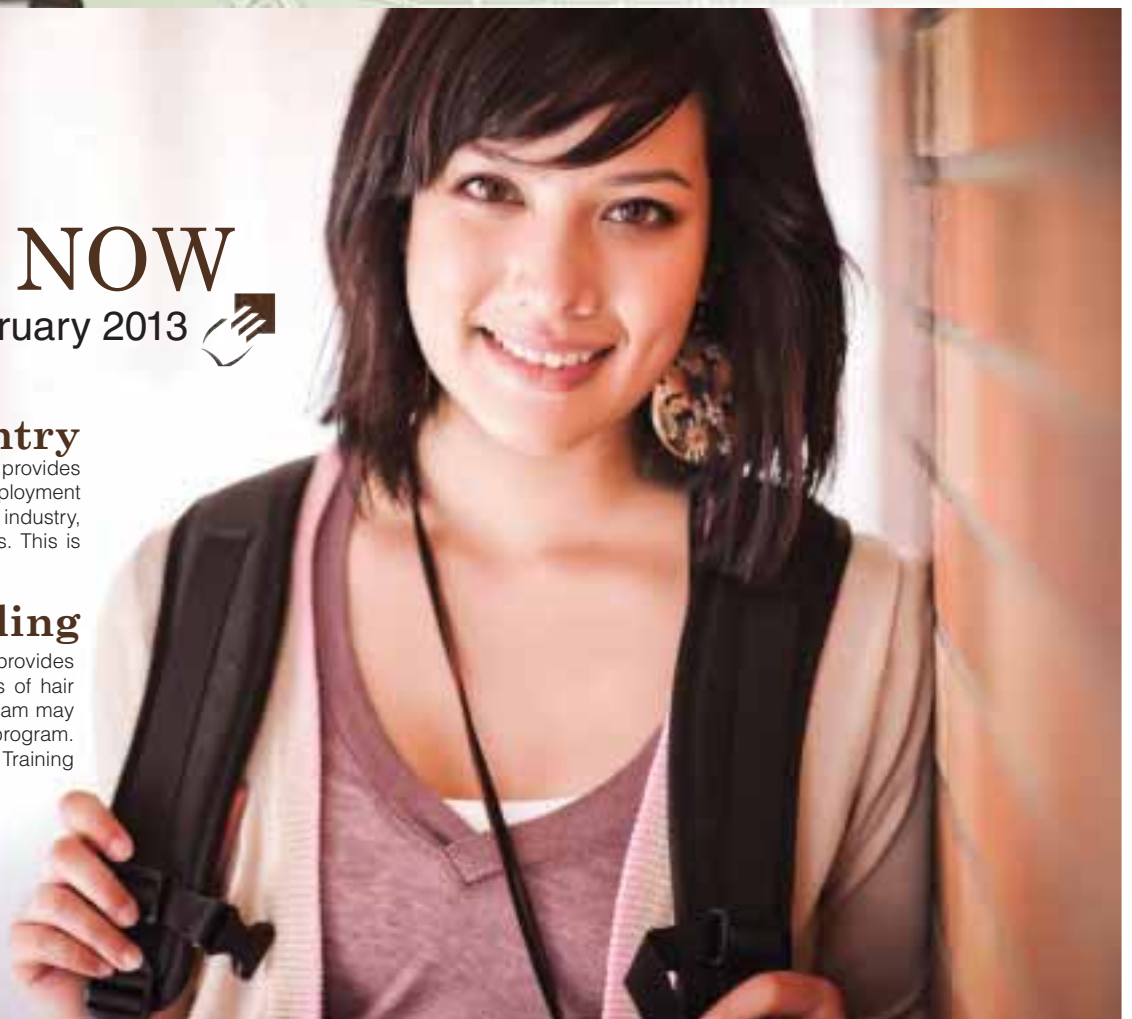
Winnipeg Technical College's carpentry program provides students with the knowledge and skill to gain employment in an entry-level position within the construction industry, including commercial, residential, and renovations. This is an Apprenticeship Accredited Level 1 program.

Hairstyling

Winnipeg Technical College's Hairstyling program provides students with the study and practice of all aspects of hair services for men and women. Students in this program may choose to enroll in the daytime program, or evening program. This accredited program follows Entrepreneurship, Training and Trade, Apprenticeship Branch guidelines.

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